dubuque montessori school

January 2025



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken Nuggets
Green Beans
Applesauce
Whole Grain Crackers
1% Milk

Mac and Cheese Baked Beans Steamed Peas Mandarin Oranges 1% Milk 8 Turkey on Whole Grain Baby Carrots w/ Ranch Apple Slices 1% Milk 9 Fish Sticks Steamed Broccoli Mixed Fruit Whole Grain Crackers 1% Milk 10 Italian Pasta Salad Cottage Cheese Sliced Cucumbers Pineapple 1% Milk

13 Chicken Fettucine Alfredo Steamed Green Beans Pears 1% Milk Sunbutter & Jam on Whole Grain Cheese Sticks Baby Carrots w/ Ranch Bananas 1% Milk 15 BBQ Pulled Pork on Bun California Vegetable Mix Apple Sauce 1% Milk 16 Cheesy Egg Casserole Roasted Potatoes Mandarin Oranges Whole Grain Bread 1% Milk 17 Ham Tortilla Wrap Baby Carrots w/ Ranch Apple Slices 1% Milk

20

NO SCHOOL

21 Salsa Chicken Casserole w/ Rice Corn Pineapple 1% Milk Waffles
Vanilla Yogurt
Strawberries
Sliced Bell Peppers
1% Milk

Tator Tot Casserole
w/ Ground Turkey
Steamed Green Beans
Apple Slices
Whole Grain Bread
1% Milk

24 Spaghetti w/ Meat Sauce Steamed Broccoli Mandarin Oranges 1% Milk

Chicken and Rice Steamed Carrots Apple Sauce 1% Milk 28 Turkey Kale Tortellini Casserole Tossed Garden Salad Bananas 1% Milk **29**Grilled Cheese on Whole Grain
Baked Beans
Carrots w/ Ranch
Bananas
1% Milk

30Tuna Noodle Casserole
Steamed Peas
Pears
1% Milk

Turkey Deli Wrap
Baby Carrots w/ Ranch
Apple Slices
1% Milk

